

USDA National Nutrient Database for Standard Reference, Release 23

Energy (kcal) Content of Selected Foods per Common Measure, sorted alphabetically

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14006	Alcoholic beverage, beer, light	354	12 fl oz	102.660
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	152.650
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	111.600
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	97.020
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	105.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	110.460
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	169.520
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	245.340
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	156.560
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	164.800
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	87.550
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	84.460
11001	Alfalfa seeds, sprouted, raw	33	1 cup	7.590
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	114.080
09011	Apples, dried, sulfured, uncooked	32	5 rings	77.760
09003	Apples, raw, with skin	138	1 apple	71.760
09004	Apples, raw, without skin	110	1 cup	52.800
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	173.400
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	102.480
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	140.560
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	214.140
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	117.120
09032	Apricots, dried, sulfured, uncooked	35	10 halves	84.350
09021	Apricots, raw	35	1 apricot	16.800
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	63.600
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	89.040
11015	Asparagus, canned, drained solids	72	4 spears	13.680
11012	Asparagus, cooked, boiled, drained	60	4 spears	13.200
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	10.800
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	32.400
09038	Avocados, raw, California	28.35	1 oz	47.345
09039	Avocados, raw, Florida	28.35	1 oz	34.020
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	193.830
18005	Bagels, cinnamon-raisin	89	4" bagel	242.970
18003	Bagels, egg	89	4" bagel	247.420
18003	Bagels, egg	71	3-1/2" bagel	197.380
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	228.730
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	182.470
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	133.812
19078	Baking chocolate, unsweetened, squares	28.35	1 square	142.034
11028	Bamboo shoots, canned, drained solids	131	1 cup	24.890
09040	Bananas, raw	150	1 cup	133.500
09040	Bananas, raw	118	1 banana	105.020

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20006	Barley, pearled, cooked	157	1 cup	193.110
20005	Barley, pearled, raw	200	1 cup	704.000
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	238.760
16008	Beans, baked, canned, with franks	259	1 cup	367.780
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	283.360
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	237.820
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	227.040
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	208.860
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	215.040
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	224.790
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	254.800
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	244.530
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	31.050
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	43.750
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	37.800
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	27.000
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	43.750
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	37.800
16051	Beans, white, mature seeds, canned	262	1 cup	298.680
22905	Beef stew, canned entree	232	1 cup	229.680
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	305.150
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	215.050
13348	Beef, cured, corned beef, canned	85.05	3 oz	212.625
13350	Beef, cured, dried	28.35	1 oz	43.376
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	236.300
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	230.350
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	212.500
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	298.350
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	298.350
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	209.950
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	183.600
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	176.800
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	143.650
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	206.550
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	151.300
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	148.750
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	38.880
11084	Beets, canned, drained solids	170	1 cup	52.700
11084	Beets, canned, drained solids	24	1 beet	7.440
11081	Beets, cooked, boiled, drained	170	1 cup	74.800
11081	Beets, cooked, boiled, drained	50	1 beet	22.000
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	211.800

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18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	356.530
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	95.040
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	63.000
09042	Blackberries, raw	144	1 cup	61.920
09055	Blueberries, frozen, sweetened	230	1 cup	186.300
09050	Blueberries, raw	145	1 cup	82.650
07008	Bologna, beef and pork	56.7	2 slices	174.636
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	185.409
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	111.983
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	459.600
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	177.000
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	195.600
18023	Bread, cornbread, dry mix, prepared	60	1 piece	188.400
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	172.900
18025	Bread, cracked-wheat	25	1 slice	65.000
18027	Bread, egg	40	1/2" slice	113.200
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	72.250
18033	Bread, italian	20	1 slice	54.200
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	68.900
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	69.120
18039	Bread, oatmeal	27	1 slice	72.630
18040	Bread, oatmeal, toasted	25	1 slice	73.000
18041	Bread, pita, white, enriched	60	6-1/2" pita	165.000
18041	Bread, pita, white, enriched	28	4" pita	77.000
18044	Bread, pumpernickel	32	1 slice	80.000
18045	Bread, pumpernickel, toasted	29	1 slice	79.750
18047	Bread, raisin, enriched	26	1 slice	71.240
18048	Bread, raisin, toasted, enriched	24	1 slice	71.280
18053	Bread, reduced-calorie, rye	23	1 slice	46.690
18055	Bread, reduced-calorie, wheat	23	1 slice	45.540
18057	Bread, reduced-calorie, white	23	1 slice	47.610
18060	Bread, rye	32	1 slice	82.560
18061	Bread, rye, toasted	24	1 slice	68.160
18064	Bread, wheat	25	1 slice	66.500
18065	Bread, wheat, toasted	23	1 slice	71.990
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	119.700
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	66.500
18070	Bread, white, commercially prepared, toasted	22	1 slice	64.460
18075	Bread, whole-wheat, commercially prepared	28	1 slice	69.160
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	76.500
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	12.950
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	54.600
11740	Broccoli, flower clusters, raw	11	1 floweret	3.080
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	51.520
11090	Broccoli, raw	88	1 cup	29.920
11090	Broccoli, raw	31	1 spear	10.540
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	56.160

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11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	65.100
20011	Buckwheat flour, whole-groat	120	1 cup	402.000
20010	Buckwheat groats, roasted, cooked	168	1 cup	154.560
20013	Bulgur, cooked	182	1 cup	151.060
20012	Bulgur, dry	140	1 cup	478.800
01001	Butter, salted	14.2	1 tbsp	101.814
01145	Butter, without salt	14.2	1 tbsp	101.814
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	20.400
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	16.660
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	34.500
11109	Cabbage, raw	70	1 cup	17.500
11112	Cabbage, red, raw	70	1 cup	21.700
11114	Cabbage, savoy, raw	70	1 cup	18.900
18086	Cake, angelfood, commercially prepared	28	1 piece	72.240
18088	Cake, angelfood, dry mix, prepared	50	1 piece	128.500
18090	Cake, boston cream pie, commercially prepared	92	1 piece	231.840
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	234.880
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	352.450
18110	Cake, fruitcake, commercially prepared	43	1 piece	139.320
18116	Cake, gingerbread, prepared from recipe	74	1 piece	263.440
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	366.850
18120	Cake, pound, commercially prepared, butter	28	1 piece	108.640
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	79.240
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	224.900
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	199.500
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	158.950
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	131.150
18133	Cake, sponge, commercially prepared	30	1 shortcake	86.700
18134	Cake, sponge, prepared from recipe	63	1 piece	187.110
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	398.720
18139	Cake, white, prepared from recipe without frosting	74	1 piece	264.180
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	242.560
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	238.720
19074	Candies, caramels	10.1	1 piece	38.582
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	27.720
19071	Candies, carob, unsweetened	28.35	1 oz	153.090
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	69.870
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	87.590
19104	Candies, fudge, vanilla with nuts	15	1 piece	65.250
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	61.280
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	16.632
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	293.040
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	87.120
19107	Candies, hard	6	1 piece	23.640
19107	Candies, hard	3	1 small piece	11.820
19108	Candies, jellybeans	28.35	10 large	106.313
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	217.560

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19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	34.440
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	103.000
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	82.080
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	278.160
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	279.870
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	20.400
19116	Candies, marshmallows	50	1 cup	159.000
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	235.400
19126	Candies, milk chocolate coated peanuts	40	10 pieces	207.600
19127	Candies, milk chocolate coated raisins	10	10 pieces	39.000
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	215.660
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	263.620
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	32.130
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	220.000
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	231.750
19080	Candies, semisweet chocolate	168	1 cup	806.400
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	46.704
19087	Candies, white chocolate	170	1 cup	916.300
09060	Carambola, (starfruit), raw	91	1 fruit	28.210
09060	Carambola, (starfruit), raw	108	1 cup	33.480
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	136.900
14136	Carbonated beverage, ginger ale	366	12 fl oz	124.440
14142	Carbonated beverage, grape soda	372	12 fl oz	159.960
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	7.100
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	178.560
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	150.880
14157	Carbonated beverage, root beer	370	12 fl oz	151.700
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	147.200
16055	Carob flour	8	1 tbsp	17.760
11655	Carrot juice, canned	236	1 cup	94.400
11960	Carrots, baby, raw	10	1 medium	3.500
11128	Carrots, canned, regular pack, drained solids	146	1 cup	36.500
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	54.600
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	54.020
11124	Carrots, raw	110	1 cup	45.100
11124	Carrots, raw	72	1 carrot	29.520
11935	Catsup	15	1 tbsp	14.550
11935	Catsup	6	1 packet	5.820
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	12.420
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	28.520
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	34.200
11135	Cauliflower, raw	13	1 floweret	3.250
11135	Cauliflower, raw	100	1 cup	25.000
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	6.750

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11144	Celery, cooked, boiled, drained, without salt	150	1 cup	27.000
11143	Celery, raw	40	1 stalk	6.400
11143	Celery, raw	120	1 cup	19.200
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	120.000
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	196.900
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	113.700
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	110.100
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	124.200
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	115.500
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	110.100
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	113.400
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	117.900
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	120.000
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	210.100
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	110.100
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	122.100
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	200.200
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	129.900
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	118.420
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	111.900
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	169.950
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	115.200
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	108.000
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	104.100
08026	Cereals ready-to-eat, GENERAL MILLS, WHEATIES Raisin Bran	55	cup (1 NLEA serving)	183.150
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	95.700
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	78.000
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	109.800
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	118.110
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S COMPLETE Wheat Flakes	29	3/4 cup	92.220
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	101.080
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	120.590
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	109.330
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	111.900
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	113.770
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	189.200
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	104.760
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	99.900
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	196.420
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	127.710
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	119.700
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	117.490

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08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	174.930
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	108.540
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	104.520
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	112.320
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	195.000
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	212.670
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	119.360
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	119.360
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	188.160
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	56.280
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	27.195
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	43.680
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	155.020
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	171.820
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	157.300
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	102.240
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	125.500
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	131.450
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal p	112.560
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	120.360
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	166.140
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	104.120
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	129.630
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	156.550
08143	Cereals, WHEATENA, cooked with water	243	1 cup	136.080
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	93.555
01164	Cheese sauce, prepared from recipe	243	1 cup	478.710
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	82.215
01004	Cheese, blue	28.35	1 oz	100.076
01007	Cheese, camembert	38	1 wedge	114.000
01009	Cheese, cheddar	28.35	1 oz	114.251
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	205.800
01013	Cheese, cottage, creamed, with fruit	226	1 cup	219.220
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	162.720
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	194.360
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	104.400
01017	Cheese, cream	14.5	1 tbsp	49.590
01186	Cheese, cream, fat free	15.6	1 tbsp	16.380

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01019	Cheese, feta	28.35	1 oz	74.844
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	49.046
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	85.617
01026	Cheese, mozzarella, whole milk	28.35	1 oz	85.050
01030	Cheese, muenster	28.35	1 oz	104.328
01031	Cheese, neufchatel	28.35	1 oz	71.726
01032	Cheese, parmesan, grated	5	1 tbsp	21.550
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	106.313
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	94.689
01035	Cheese, provolone	28.35	1 oz	99.509
01037	Cheese, ricotta, part skim milk	246	1 cup	339.480
01036	Cheese, ricotta, whole milk	246	1 cup	428.040
01040	Cheese, swiss	28.35	1 oz	107.730
18147	Cheesecake commercially prepared	80	1 piece	256.800
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	87.840
09070	Cherries, sweet, raw	68	10 cherries	42.840
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	464.380
07017	Chicken roll, light meat	56.7	2 slices	62.370
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	364.000
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	217.560
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	141.900
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	200.760
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	192.960
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	120.050
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	75.680
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	227.650
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	161.280
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	32.220
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	238.220
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	108.680
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	158.760
05277	Chicken, canned, meat only, with broth	142	5 oz	234.300
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	32.732
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	331.800
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	285.600
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	268.960
22904	Chili con carne with beans, canned entree	222	1 cup	268.620
11156	Chives, raw	3	1 tbsp	0.900
14181	Chocolate syrup	18.75	1 tbsp	52.313
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	87.480
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	226.100

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	56.550
14192	Cocoa mix, powder	28.35	3 heaping tsp	112.833
14194	Cocoa mix, powder, prepared with water	206	1 serving	113.300
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	55.680
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	12.312
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	1.780
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	1.200
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	3.580
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	263.340
11159	Coleslaw, home-prepared	120	1 cup	93.600
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	49.400
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	61.200
18151	Cookies, brownies, commercially prepared	56	1 brownie	226.800
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	84.480
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	23.350
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	47.400
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	45.300
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	78.080
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	127.920
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	46.900
18170	Cookies, fig bars	16	1 cookie	55.680
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	355.320
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	59.220
18177	Cookies, molasses	15	1 cookie, medium	64.500
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	137.600
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	35.860
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	112.500
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	61.350
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	65.250
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	71.550
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	95.000
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	75.880
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	40.160
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	71.700
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	66.080
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	72.600
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	72.450
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	48.300
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	17.640
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	74.690
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	184.320
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	165.900
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	73.920
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	132.840
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	59.220

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	510.600
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	489.900
20020	Cornmeal, whole-grain, yellow	122	1 cup	441.640
20027	Cornstarch	8.064	1 tbsp	30.724
20029	Couscous, cooked	157	1 cup	175.840
20028	Couscous, dry	173	1 cup	650.480
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	160.050
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	224.400
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	184.800
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	199.520
18214	Crackers, cheese, regular	10	10 crackers	50.300
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	34.720
18217	Crackers, matzo, plain	28.35	1 matzo	111.983
18220	Crackers, melba toast, plain	20	4 pieces	78.000
18226	Crackers, rye, wafers, plain	11	1 wafer	36.740
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	50.520
18229	Crackers, standard snack-type, regular	12	4 crackers	60.480
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	33.390
18232	Crackers, wheat, regular	8	4 crackers	36.480
18235	Crackers, whole-wheat	16	4 crackers	68.320
14242	Cranberry juice cocktail, bottled	253	8 fl oz	136.620
09081	Cranberry sauce, canned, sweetened	57	1 slice	86.070
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	20.400
01069	Cream substitute, powdered	2	1 tsp	10.900
01049	Cream, fluid, half and half	15	1 tbsp	19.500
01053	Cream, fluid, heavy whipping	15	1 tbsp	51.750
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	29.250
01052	Cream, fluid, light whipping	15	1 tbsp	43.800
01056	Cream, sour, cultured	12	1 tbsp	23.160
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	20.250
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	7.710
18239	Croissants, butter	57	1 croissant	231.420
18243	Croutons, seasoned	40	1 cup	186.000
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	82.450
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	80.750
15141	Crustaceans, crab, blue, canned	135	1 cup	112.050
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	70.550
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	93.000
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	75.650
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	85.050
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	108.900
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	205.700
11206	Cucumber, peeled, raw	119	1 cup	14.280
11206	Cucumber, peeled, raw	280	1 large	33.600
11205	Cucumber, with peel, raw	104	1 cup	15.600
11205	Cucumber, with peel, raw	301	1 large	45.150

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	34.650
18245	Danish pastry, cheese	71	1 danish	265.540
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	263.410
09087	Dates, deglet noor	178	1 cup	501.960
09087	Dates, deglet noor	41.5	5 dates	117.030
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	7.760
01072	Dessert topping, pressurized	4	1 tbsp	10.560
01073	Dessert topping, semi solid, frozen	4	1 tbsp	12.720
02045	Dill weed, fresh	1	5 sprigs	0.430
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	196.460
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	58.520
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	51.870
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	239.400
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	444.210
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	262.000
01124	Egg, white, raw, fresh	33.4	1 large	17.368
01128	Egg, whole, cooked, fried	46	1 large	90.160
01129	Egg, whole, cooked, hard-boiled	50	1 large	77.500
01131	Egg, whole, cooked, poached	50	1 large	69.000
01132	Egg, whole, cooked, scrambled	61	1 large	90.890
01123	Egg, whole, raw, fresh	58	1 extra large	82.940
01123	Egg, whole, raw, fresh	44	1 medium	62.920
01123	Egg, whole, raw, fresh	50	1 large	71.500
01125	Egg, yolk, raw, fresh	16.6	1 large	53.452
01057	Eggnog	254	1 cup	223.520
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	34.650
11213	Endive, raw	50	1 cup	8.500
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	129.390
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	140.400
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	211.120
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	292.560
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	561.600
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	188.790
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	254.100
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	488.000
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	416.660
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	477.400
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	549.900
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	451.140
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	305.100
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	309.060
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	515.060
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	314.820

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21042	Fast foods, chili con carne	253	1 cup	255.530
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	424.560
21043	Fast foods, clams, breaded and fried	115	3/4 cup	450.800
21127	Fast foods, coleslaw	99	3/4 cup	151.470
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	412.800
21015	Fast foods, danish pastry, cheese	91	1 pastry	353.080
21017	Fast foods, danish pastry, fruit	94	1 pastry	334.640
21074	Fast foods, enchilada, with cheese	163	1 enchilada	319.480
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	302.770
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	523.380
21024	Fast foods, french toast sticks	141	5 sticks	479.400
21023	Fast foods, french toast with butter	135	2 slices	356.400
21077	Fast foods, frijoles with cheese	167	1 cup	225.450
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	540.140
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	576.200
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	512.300
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	273.480
21118	Fast foods, hotdog, plain	98	1 sandwich	242.060
21119	Fast foods, hotdog, with chili	114	1 sandwich	296.400
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	460.250
21129	Fast foods, hush puppies	78	5 pieces	256.620
21078	Fast foods, nachos, with cheese	113	6-8 nachos	345.780
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	275.560
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	519.680
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	420.760
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	530.660
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	266.900
21139	Fast foods, potato, mashed	80	1/3 cup	66.400
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	235.440
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	346.110
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	101.990
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	104.640
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	454.280
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	456.000
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	410.400
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	583.680
21033	Fast foods, sundae, hot fudge	158	1 sundae	284.400
21082	Fast foods, taco	263	1 large	570.710
21082	Fast foods, taco	171	1 small	371.070
21083	Fast foods, taco salad	198	1-1/2 cups	279.180
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	333.000
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	170.980
09094	Figs, dried, uncooked	38	2 figs	94.620
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	194.650
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	89.250
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	72.250

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15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	141.930
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	69.720
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	73.100
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	109.220
15034	Fish, haddock, cooked, dry heat	85	3 oz	76.500
15034	Fish, haddock, cooked, dry heat	150	1 fillet	135.000
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	94.350
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	176.490
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	222.831
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	81.600
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	48.000
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	66.600
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	94.350
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	162.410
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	92.650
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	89.250
15077	Fish, salmon, chinook, smoked	85.05	3 oz	99.509
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	118.150
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	261.950
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	143.650
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	176.904
15111	Fish, swordfish, cooked, dry heat	85	3 oz	146.200
15111	Fish, swordfish, cooked, dry heat	106	1 piece	182.320
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	142.800
15128	Fish, tuna salad	205	1 cup	383.350
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	168.399
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	98.600
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	108.800
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	110.500
07022	Frankfurter, beef	45	1 frank	148.500
07023	Frankfurter, beef and pork	45	1 frank	137.250
07024	Frankfurter, chicken	45	1 frank	100.350
18268	French toast, frozen, ready-to-heat	59	1 slice	125.670
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	148.850
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	150.860
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	158.840
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	66.990
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	61.480
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	46.610
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	115.200
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	114.480
19294	Fruit butters, apple	17	1 tbsp	29.410
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	181.040
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	109.020
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	116.560
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	245.000
35142	Frybread, made with lard (Navajo)	90	5" bread	297.000

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35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	528.000
11215	Garlic, raw	3	1 clove	4.470
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	83.700
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	23.400
14277	Grape drink, canned	250	8 fl oz	152.500
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	127.500
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	386.640
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	151.800
09404	Grapefruit juice, pink, raw	247	1 cup	96.330
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	115.000
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	93.860
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	101.270
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	302.220
09128	Grapefruit juice, white, raw	247	1 cup	96.330
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	51.660
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	38.940
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	152.400
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	110.400
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	34.500
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	30.873
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	47.005
06121	Gravy, mushroom, canned	59.6	1/4 cup	29.800
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	30.396
07027	Ham, chopped, not canned	21	2 slices	37.800
07028	Ham, sliced, extra lean	56.7	2 slices	60.669
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	92.421
11961	Hearts of palm, canned	33	1 piece	9.240
19296	Honey	21	1 tbsp	63.840
02055	Horseradish, prepared	5	1 tsp	2.400
16158	Hummus, commercial	14	1 tbsp	23.240
19270	Ice creams, chocolate	66	1/2 cup	142.560
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	190.920
19095	Ice creams, vanilla	66	1/2 cup	136.620
19088	Ice creams, vanilla, light	66	1/2 cup	118.800
19089	Ice creams, vanilla, rich	74	1/2 cup	184.260
19297	Jams and preserves	20	1 tbsp	55.600
19300	Jellies	19	1 tbsp	50.540
11226	Jerusalem-artichokes, raw	150	1 cup	109.500
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	36.400
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	39.000
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	82.600
09148	Kiwifruit, green, raw	76	1 medium	46.360
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	47.850

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17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	219.300
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	162.350
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	268.600
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	183.600
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	305.150
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	197.200
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	294.100
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	237.150
04002	Lard	12.8	1 tbsp	115.456
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	2.438
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	2.346
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	4.850
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	7.740
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	22.750
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	13.000
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	17.850
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	32.240
09153	Lemon juice, canned or bottled	244	1 cup	51.240
09153	Lemon juice, canned or bottled	15.2	1 tbsp	3.192
09152	Lemon juice, raw	47	juice of 1 lemon	10.340
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	99.200
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	7.110
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	71.820
09150	Lemons, raw, without peel	58	1 lemon	16.820
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	229.680
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	21.190
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.975
11251	Lettuce, cos or romaine, raw	10	1 leaf	1.700
11251	Lettuce, cos or romaine, raw	56	1 cup	9.520
11253	Lettuce, green leaf, raw	10	1 leaf	1.500
11253	Lettuce, green leaf, raw	56	1 cup	8.400
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	7.700
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	75.460
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1.120
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	189.000
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	175.100
16073	Lima beans, large, mature seeds, canned	241	1 cup	190.390
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	216.200
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	3.234
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	51.660

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09160	Lime juice, raw	38	juice of 1 lime	9.500
22247	Macaroni and Cheese, canned entree	252	1 cup	206.640
20100	Macaroni, cooked, enriched	140	1 cup	221.200
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	81.690
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	230.550
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	78.120
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	227.900
09176	Mangos, raw	165	1 cup	99.000
09176	Mangos, raw	207	1 mango	124.200
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	100.380
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	101.246
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	101.388
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	76.791
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	25.776
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	25.584
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	16.272
09181	Melons, cantaloupe, raw	69	1/8 melon	23.460
09181	Melons, cantaloupe, raw	160	1 cup	54.400
09184	Melons, honeydew, raw	160	1/8 melon	57.600
09184	Melons, honeydew, raw	170	1 cup	61.200
01110	Milk shakes, thick chocolate	300	10.6 fl oz	357.000
01111	Milk shakes, thick vanilla	313	11 fl oz	350.560
01094	Milk, buttermilk, dried	6.5	1 tbsp	25.155
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	98.000
01095	Milk, canned, condensed, sweetened	306	1 cup	982.260
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	199.680
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	337.680
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	157.500
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	190.000
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	207.500
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	82.340
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	102.480
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	83.300
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	122.000
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	148.840
16112	Miso	68.75	1 cup	136.813
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	120.700
15157	Mollusks, clam, mixed species, raw	85	3 oz	73.100
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	169.150
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	42.840
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	200.880
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110	1 cup	154.000

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22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	112.200
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	224.010
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	162.450
18279	Muffins, corn, commercially prepared	57	1 muffin	173.850
18280	Muffins, corn, dry mix, prepared	50	1 muffin	160.500
18283	Muffins, oat bran	57	1 muffin	153.900
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	106.420
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	26.040
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	31.200
11264	Mushrooms, canned, drained solids	156	1 cup	39.000
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	81.200
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	10.656
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	43.680
11260	Mushrooms, white, raw	70	1 cup	15.400
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	21.000
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	3.350
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	48.800
09191	Nectarines, raw	136	1 nectarine	59.840
20113	Noodles, chinese, chow mein	45	1 cup	237.150
20110	Noodles, egg, cooked, enriched	160	1 cup	220.800
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	211.200
12061	Nuts, almonds	28.35	1 oz (24 nuts)	163.013
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	185.976
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	162.729
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	164.714
12167	Nuts, chestnuts, european, roasted	143	1 cup	350.350
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	465.930
12104	Nuts, coconut meat, raw	45	1 piece	159.300
12120	Nuts, hazelnuts or filberts	28.35	1 oz	178.038
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	202.986
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	168.399
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	174.920
12142	Nuts, pecans	28.35	1 oz (20 halves)	195.899
12147	Nuts, pine nuts, dried	28.35	1 oz	190.796
12147	Nuts, pine nuts, dried	8.6	1 tbsp	57.878
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	159.894
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	185.409
20034	Oat bran, cooked	219	1 cup	87.600
20033	Oat bran, raw	94	1 cup	231.240
04582	Oil, canola	14	1 tbsp	123.760
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	120.224
04053	Oil, olive, salad or cooking	13.5	1 tbsp	119.340
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	119.340
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	120.224
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	120.224
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	120.224

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04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	120.224
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	120.224
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	35.200
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	53.360
09193	Olives, ripe, canned (small-extra large)	22	5 large	25.300
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	244.200
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	92.400
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	41.360
11284	Onions, dehydrated flakes	5	1 tbsp	17.450
11282	Onions, raw	110	1 whole	44.000
11282	Onions, raw	160	1 cup	64.000
11282	Onions, raw	14	1 slice	5.600
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	32.000
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	4.800
09207	Orange juice, canned, unsweetened	249	1 cup	117.030
09209	Orange juice, chilled, includes from concentrate	249	1 cup	122.010
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	112.050
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	338.670
09206	Orange juice, raw	248	1 cup	111.600
09206	Orange juice, raw	86	juice from 1 orange	38.700
09200	Oranges, raw, all commercial varieties	131	1 orange	61.570
09200	Oranges, raw, all commercial varieties	180	1 cup	84.600
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	81.000
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	73.720
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	82.840
09226	Papayas, raw	304	1 papaya	130.720
09226	Papayas, raw	140	1 cup	60.200
11297	Parsley, raw	10	10 sprigs	3.600
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	110.760
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	269.640
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	72.520
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	193.880
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	109.120
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	43.120
09246	Peaches, dried, sulfured, uncooked	39	3 halves	93.210
09250	Peaches, frozen, sliced, sweetened	250	1 cup	235.000
09236	Peaches, raw	170	1 cup	66.300
09236	Peaches, raw	98	1 peach	38.220
16097	Peanut butter, chunk style, with salt	16	1 tbsp	94.240
16098	Peanut butter, smooth style, with salt	16	1 tbsp	94.080
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	165.848
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	165.848
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	169.817
09340	Pears, asian, raw	275	1 pear	115.500
09340	Pears, asian, raw	122	1 pear	51.240
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	196.840
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	56.240

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09254	Pears, canned, juice pack, solids and liquids	76	1 half	38.000
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	124.000
09252	Pears, raw	166	1 pear	96.280
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	67.200
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	83.200
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	117.300
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	124.800
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	231.280
11670	Peppers, hot chili, green, raw	45	1 pepper	18.000
11819	Peppers, hot chili, red, raw	45	1 pepper	18.000
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	7.020
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	38.080
11333	Peppers, sweet, green, raw	10	1 ring	2.000
11333	Peppers, sweet, green, raw	149	1 cup	29.800
11333	Peppers, sweet, green, raw	119	1 pepper	23.800
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	38.080
11821	Peppers, sweet, red, raw	119	1 pepper	36.890
11821	Peppers, sweet, red, raw	149	1 cup	46.190
11945	Pickle relish, sweet	15	1 tbsp	19.500
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	7.800
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1180.660
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	640.080
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	948.600
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	74.000
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	85.100
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	277.290
18302	Pie, apple, prepared from recipe	155	1 piece	410.750
18305	Pie, blueberry, commercially prepared	117	1 piece	271.440
18306	Pie, blueberry, prepared from recipe	147	1 piece	360.150
18308	Pie, cherry, commercially prepared	117	1 piece	304.200
18309	Pie, cherry, prepared from recipe	180	1 piece	486.000
18310	Pie, chocolate creme, commercially prepared	113	1 piece	343.520
18316	Pie, coconut custard, commercially prepared	104	1 piece	270.400
18444	Pie, fried pies, cherry	128	1 pie	404.480
18319	Pie, fried pies, fruit	128	1 pie	404.480
18320	Pie, lemon meringue, commercially prepared	113	1 piece	302.840
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	361.950
18324	Pie, pecan, commercially prepared	113	1 piece	459.910
18325	Pie, pecan, prepared from recipe	122	1 piece	502.640
18326	Pie, pumpkin, commercially prepared	109	1 piece	264.870
18327	Pie, pumpkin, prepared from recipe	155	1 piece	316.200
11943	Pimento, canned	12	1 tbsp	2.760
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	117.500
14341	Pineapple and orange juice drink, canned	250	8 fl oz	125.000
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	132.500
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	38.220

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09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	198.120
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	28.200
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	149.400
09266	Pineapple, raw, all varieties	155	1 cup	77.500
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	168.840
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	218.040
09278	Plantains, cooked	154	1 cup	178.640
09277	Plantains, raw	179	1 medium	218.380
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	40.940
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	229.620
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	146.160
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	26.680
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	265.360
09291	Plums, dried (prunes), uncooked	42	5 prunes	100.800
09279	Plums, raw	66	1 plum	30.360
07065	Pork and beef sausage, fresh, cooked	26	2 links	102.960
07064	Pork sausage, fresh, cooked	26	2 links	88.140
07064	Pork sausage, fresh, cooked	27	1 patty	91.530
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	102.790
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	86.025
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	141.950
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	206.550
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	133.450
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	243.100
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	232.050
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	179.350
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	177.650
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	202.300
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	153.000
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	165.750
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	210.800
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	175.100
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	232.050
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	279.650
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	210.800
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	337.450
11672	Potato pancakes	76	1 pancake	203.680
11399	Potato puffs, frozen, oven-heated	79	10 puffs	150.100
11414	Potato salad, home-prepared	250	1 cup	357.500
11674	Potato, baked, flesh and skin, without salt	202	1 potato	187.860
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	227.850
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	323.400

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11363	Potatoes, baked, flesh, without salt	156	1 potato	145.080
11364	Potatoes, baked, skin, without salt	58	1 skin	114.840
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	118.320
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	134.160
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	116.100
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	82.000
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	63.220
11370	Potatoes, hashed brown, home-prepared	156	1 cup	413.400
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	203.700
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	174.300
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	233.100
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	227.850
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	215.600
05306	Poultry food products, ground turkey, cooked	82	1 patty	166.460
09294	Prune juice, canned	256	1 cup	181.760
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	154.350
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	157.620
19183	Puddings, chocolate, ready-to-eat	113	4 oz	160.460
19193	Puddings, rice, ready-to-eat	113.4	4 oz	133.812
19218	Puddings, tapioca, ready-to-eat	113	4 oz	146.900
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	141.400
19201	Puddings, vanilla, ready-to-eat	113	4 oz	146.900
11424	Pumpkin, canned, without salt	245	1 cup	83.300
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	49.000
11429	Radishes, raw	4.5	1 radish	0.720
09298	Raisins, seedless	145	1 cup	433.550
09298	Raisins, seedless	14	1 packet	41.860
09306	Raspberries, frozen, red, sweetened	250	1 cup	257.500
09302	Raspberries, raw	123	1 cup	63.960
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	229.320
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	278.400
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	112.800
20037	Rice, brown, long-grain, cooked	195	1 cup	216.450
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	215.250
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	691.900
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	193.050
20045	Rice, white, long-grain, regular, cooked	158	1 cup	205.400
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	675.250
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	86.800
18350	Rolls, hamburger or hotdog, plain	43	1 roll	119.970
18353	Rolls, hard (includes kaiser)	57	1 roll	167.010
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	66.300
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	72.828
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	71.292
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	36.186

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04133	Salad dressing, french, home recipe	14	1 tbsp	88.340
04134	Salad dressing, home recipe, cooked	16	1 tbsp	25.120
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	70.044
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	42.777
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	11.250
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	99.084
04015	Salad dressing, russian dressing	15.3	1 tbsp	54.315
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	22.983
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	29.835
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	57.720
07069	Salami, cooked, beef and pork	56.7	2 slices	190.512
07072	Salami, dry or hard, pork, beef	20	2 slices	77.000
02047	Salt, table	6	1 tsp	0.000
07073	Sandwich spread, pork, beef	15	1 tbsp	35.250
06150	Sauce, barbecue	15.75	1 tbsp	23.625
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	109.620
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	35.200
06166	Sauce, homemade, white, medium	250	1 cup	367.500
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	217.500
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.517
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	4.320
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	16.020
11439	Sauerkraut, canned, solids and liquids	236	1 cup	44.840
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	36.800
11445	Seaweed, kelp, raw	10	2 tbsp	4.300
11667	Seaweed, spirulina, dried	0.93	1 tbsp	2.697
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	162.729
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	89.250
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	50.480
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	186.240
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	164.997
14346	Shake, fast food, chocolate	333	16 fl oz	422.910
14347	Shake, fast food, vanilla	333	16 fl oz	492.840
11677	Shallots, raw	10	1 tbsp	7.200
19097	Sherbet, orange	74	1/2 cup	106.560
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	113.152
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	158.477
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	81.180
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	148.271
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	146.853
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	160.178
19013	Snacks, fruit leather, pieces	28.35	1 oz	101.777
19014	Snacks, fruit leather, rolls	21	1 large	77.910
19015	Snacks, granola bars, hard, plain	28.35	1 bar	133.529
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	144.302
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	118.503

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19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	127.008
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	91.080
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	139.120
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	143.451
19034	Snacks, popcorn, air-popped	8	1 cup	30.960
19036	Snacks, popcorn, cakes	10	1 cake	38.400
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	168.000
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	151.712
19040	Snacks, popcorn, cheese-flavor	11	1 cup	57.860
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	64.130
19041	Snacks, pork skins, plain	28.35	1 oz	154.224
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	139.199
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	142.317
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	155.075
19411	Snacks, potato chips, plain, salted	28.35	1 oz	153.657
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	151.956
19422	Snacks, potato chips, reduced fat	28.35	1 oz	133.529
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	150.539
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	228.000
19033	Snacks, RALSTON PURINA, CHEX MIX	28.35	1 oz (about 2/3 cup)	120.204
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	34.830
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	145.719
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	126.158
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	138.632
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	706.640
19061	Snacks, trail mix, tropical	140	1 cup	569.800
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	230.850
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	159.390
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	14.280
06432	Soup, beef broth, bouillon, consommé, prepared with equal volume water	241	1 cup	28.920
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	82.960
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	60.250
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	58.029
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	165.600
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	238	1 serving	95.200
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	57.840
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	88.800
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	122.400
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	73.200
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	151.280
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	190.960
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	117.120

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06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	166.160
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	102.480
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	81.940
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	120.500
06094	Soup, onion, dry, mix	39	1 packet	114.270
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	29.520
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	152.500
06174	Soup, stock, fish, home-prepared	233	1 cup	39.610
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	136.400
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	73.200
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	75.640
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	67.480
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	21.360
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	8.480
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	253.800
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	297.560
16120	Soymilk, original and vanilla, unfortified	245	1 cup	132.300
22401	Spaghetti with meat sauce, frozen entree	283	1 package	254.700
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	221.200
20125	Spaghetti, whole-wheat, cooked	140	1 cup	173.600
02007	Spices, celery seed	2	1 tsp	7.840
02009	Spices, chili powder	2.6	1 tsp	7.332
02010	Spices, cinnamon, ground	2.3	1 tsp	5.681
02015	Spices, curry powder	2	1 tsp	6.500
02020	Spices, garlic powder	2.8	1 tsp	9.268
02026	Spices, onion powder	2.1	1 tsp	7.161
02027	Spices, oregano, dried	1.5	1 tsp	3.975
02028	Spices, paprika	2.1	1 tsp	5.922
02029	Spices, parsley, dried	1.3	1 tbsp	3.796
02030	Spices, pepper, black	2.1	1 tsp	5.271
11658	Spinach souffle	136	1 cup	233.920
11461	Spinach, canned, regular pack, drained solids	214	1 cup	49.220
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	41.400
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	64.600
11457	Spinach, raw	30	1 cup	6.900
11457	Spinach, raw	10	1 leaf	2.300
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	36.000
11641	Squash, summer, all varieties, raw	113	1 cup	18.080
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	75.850
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	93.600
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	244.800
09316	Strawberries, raw	12	1 strawberry	3.840
09316	Strawberries, raw	18	1 strawberry	5.760
09316	Strawberries, raw	166	1 cup	53.120

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19334	Sugars, brown	3.2	1 tsp	12.160
19335	Sugars, granulated	4.2	1 tsp	16.254
19336	Sugars, powdered	8	1 tbs	31.120
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	211.680
11512	Sweet potato, canned, vacuum pack	255	1 cup	232.050
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	131.400
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	118.560
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	151.200
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	223.200
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	108.600
19348	Syrups, chocolate, fudge-type	19	1 tbs	66.500
19350	Syrups, corn, light	20	1 tbs	56.600
19353	Syrups, maple	20	1 tbs	52.000
19129	Syrups, table blends, pancake	20	1 tbs	46.800
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbs	24.750
18360	Taco shells, baked	13.3	1 medium	62.111
09223	Tangerine juice, canned, sweetened	249	1 cup	124.500
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	153.720
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	44.520
20068	Tapioca, pearl, dry	152	1 cup	544.160
14355	Tea, brewed, prepared with tap water	178	6 fl oz	1.780
14545	Tea, herb, chamomile, brewed	178	6 fl oz	1.780
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	1.780
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	4.740
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	90.650
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	2.370
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	206.000
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	203.320
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	201.240
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	56.700
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	73.200
11954	Tomatillos, raw	34	1 medium	10.880
11540	Tomato juice, canned, with salt added	243	1 cup	41.310
11546	Tomato products, canned, paste, without salt added	262	1 cup	214.840
11547	Tomato products, canned, puree, without salt added	250	1 cup	95.000
11549	Tomato products, canned, sauce	245	1 cup	58.800
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	40.800
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	66.300
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	32.400
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	22.140
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	3.060
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	3.600
11955	Tomatoes, sun-dried	2	1 piece	5.160
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	6.390
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	56.680

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18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	99.840
21088	Tostada with guacamole	130.5	1 tostada	180.090
05286	Turkey and gravy, frozen	142	5-oz package	95.140
05292	Turkey patties, breaded, battered, fried	64	1 patty	181.120
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	131.828
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	157.920
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	288.550
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	131.880
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	238.000
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	273.600
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	28.800
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	47.560
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	34.320
02050	Vanilla extract	4.2	1 tsp	12.096
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	179.350
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	193.800
11578	Vegetable juice cocktail, canned	242	1 cup	45.980
11581	Vegetables, mixed, canned, drained solids	163	1 cup	79.870
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	118.300
02048	Vinegar, cider	15	1 tbsp	3.150
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	102.960
18367	Waffles, plain, prepared from recipe	75	1 waffle	218.250
14429	Water, tap, municipal	237	8 fl oz	0.000
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	70.000
09326	Watermelon, raw	152	1 cup	45.600
09326	Watermelon, raw	286	1 wedge	85.800
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	455.000
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	442.500
20083	Wheat flour, white, bread, enriched	137	1 cup	494.570
20084	Wheat flour, white, cake, enriched	137	1 cup	495.940
20080	Wheat flour, whole-grain	120	1 cup	408.000
20089	Wild rice, cooked	164	1 cup	165.640
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	231.540
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	143.010
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	127.120
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	138.470